

# Biofeedback Matters



109 Croton Ave.  
2nd Floor, Suite #240  
Ossining, NY 10562  
Web:  
[www.biofeedbackinternational.com](http://www.biofeedbackinternational.com)

Phone: 877-669-6463/914-762-4646

Fax: 914-762-2281

E-mail: [info@biofeedbackinternational.com](mailto:info@biofeedbackinternational.com)

## Special points of interest:

- **New Book: *What Stress Can Do***
- **Biofeedback & Virtual Reality**
- **Dual Monitor Feedback**
- **Customizing your software**

## Inside this issue:

- New Book, *What Stress Can Do* **1**
- Biofeedback and Virtual Reality **1**
- Dual Monitor Feedback **2**
- Customizing Your Software **3**
- NRBS Fall Conference **3**
- EEG in the News **4**

Summer 2014

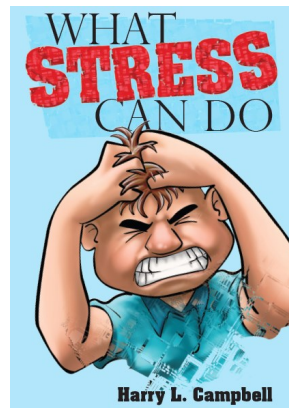
Volume 2, Issue 2

## Introducing Harry's New Book, *What Stress Can Do*.

If you are reading this newsletter then you probably spend a great deal of time convincing your clients of the fact that stress and how they react to it has a lot to do with the symptoms that they come to you for. You may also spend a lot of time trying to convince potential clients to come see you because of the stress related problems they have. Most people know that they have stress. Unfortunately many don't realize the level of damage it is causing in their lives or that they can do something to turn it around.

My new book *What Stress Can Do* helps to do the job of explaining the many results of

unmanaged stress and why people should do something



about it. You can use it to help educate your clients so that they will be convinced to do the work they need to do with you to improve the quality of their lives. You can use this book as a homework

assignment for clients to help identify areas to work on and talk about during sessions.

*What Stress Can Do* is available at [createspace.com/3839220](http://createspace.com/3839220) or [Amazon.com](http://Amazon.com). You can also order from the Biofeedback Resources International office by calling 914-762-4646.

You can download a free sample of the book at

[biofeedbackinternational.com](http://biofeedbackinternational.com) or [mindbodydevices.com](http://mindbodydevices.com)

Contact Biofeedback Resources International at 914-762-4646 if you would like to order a quantity at a discount for your office to have available for your clients. Thanks for your support.

## Biofeedback and Virtual Reality

Have you every thought that it would be cool to integrate virtual reality with biofeedback? It is being done. One of the places that it is being done is in the military. Service people are being trained to regulate their physiology while using VR to experience

the stressful environments that they have or will serve in. They are able to become aware of the changes in their physiology as the VR scenes play out. Many people say that they would like to use VR in their psychology practice but the cost is too high.

Dr. Robert Reiner of Psychological Associates in New York City has been using VR with biofeedback for years. He has pioneered in this area. Even using the relatively expensive equipment he has found it to be worthwhile, effective, and financially rewarding. Dr. Reiner has

## Biofeedback and Virtual Reality cont...

figured out a way to drastically reduce the cost of providing a Virtual Reality experience with biofeedback. He recently gave me an interview which I recorded and will make available on the Biofeedback Resources International YouTube video channel. You will be surprised to find out how inexpensive you can get set up to provide the same kind of service. Many of you already have the equipment to do the biofeedback part. All you would need is the part to



do the VR. Dr. Reiner shares information on this in the video interview. We are also planning a live workshop on Virtual Reality and Biofeedback. Dr. Reiner is one of the most successful biofeedback practitioners that I know. As far as I know this kind of workshop has not been offered anywhere.

Please look out for the announcement of the workshop. I'm not sure when he will be available to repeat it.

Here is a partial list of some of the applications for combining virtual reality with biofeedback:

- Fear of flying
- Fear of heights
- Fear of public speaking
- Fear of spiders
- Military Performance



*You will be surprised to find out how inexpensive you can get set up to provide the same kind of service.*

## Dual Monitor Feedback

Many of us are creatures of habit and don't like to change as fast as technology advances. It is easy to stay with the way of doing things that you are used to because it is comfortable. Who wants to have to learn something new when the old way is still working? Dual monitor displays have been available for years now on biofeedback equipment yet I believe that most clinicians are still not taking advantage of this advance in technology. Dual Screen displays allow you to display more complex and technical information on the screen you will be looking at during the session and display other simpler feedback information on the other screen that the client will be watching during the session. This reduces confusion and distraction for the client because they don't end up seeing things that are not helpful to them for their

learning purposes. It also eliminates the need for the clinician to make a single screen so simple that they lose the ability



to watch detailed information that they might be interested in. It also allows you to make changes in filter definitions, thresholds, and other items without the client even seeing what you are doing on your screen. You can also arrange the client screen so that it is comfortable for the client, perhaps in front of a comfortable chair. You can have your screen in front of you so that you don't have to reach over your client to type on the keyboard or use your mouse.

Laptop computers tend to come with either a VGA or HDMI video output that will connect to an external video monitor. You can purchase a 20" - 24" monitor for a relatively low cost. Larger sizes are more expensive. It is a little more complicated to add a second monitor to a desktop or mini-tower computer. You will need to add a dual monitor video card if it doesn't already have one. It is usually not standard. On any PC you will need to go into the video properties on your windows desktop to select to extend the desktop to your second monitor. I have used dual monitor on Biograph and Brainmaster software. It works well and is worth trying. I even use dual monitor with non-biofeedback software now. I often have Microsoft office on one screen and my email or internet browser on the other screen.



## Customizing your software

One of the things that makes biofeedback so enjoyable is that there is a sense of art to it. Each provider usually puts their own spin on the way they provide biofeedback. There are established protocols and practices to be sure. It is important to follow certain rules. Providers do tend to develop their own style. Different people prefer to use different sounds for audio feedback, different types of graphs and displays for visual feedback and even tactile feedback. The software manufacturers make decisions about what default visual and auditory feedback to include with the systems. These are useable but may not be what would have been chosen by the individual clinician. Sometimes you don't even have the combination modalities you want together on the same screen. The good news is that most of this can be



modified. You can either learn how to make the changes yourself or get someone to help you make them. The software manufacturer may offer these services. I offer these services to my customers

as well as to people who purchased their equipment elsewhere. Screens can be created from scratch or modified to include bar graphs, line graphs, pictures, animations, DVD movies, breathing pacers and more. Audio feedback can be set to instrument sounds, mp3 music, MIDI music, CD music,

or other sound effects. You can also create self running sessions that are called scripts on the Thought Technology Biograph software. They have other names like protocols or event wizards on other software like Brainmaster. These scripts or protocols are used for things like psychophysiological stress assessments, EEG assessments, and recordings for research experiments, and bio-

feedback or neurofeedback training sessions. You can really make the software match your style and personality and fit your applications much better by customizing your software. Contact us if you need help.



*If you mention this newsletter you will receive a 10% discount on any order placed by August 31, 2014.*

## Northeast Regional Biofeedback Society Fall Conference

**NRBS** The Northeast Regional Biofeedback Society (NRBS) will hold its fall conference November 7-9, 2014 in Philadelphia, PA

Keynote Speakers:  
 Andreas Mueller, Ph.D., HBI Switzerland  
 Lynda Thompson, Ph.D., The ADD Centre, Calgary  
 Michael Thompson, M.D., The

ADD Centre, Calgary  
 Tom Collura, Ph.D., Brainmaster, Ohio The Northeast Regional Biofeedback Society, is a non-profit association representing the professional biofeedback practitioners of the northeast region of the United States, which includes New York, New Jersey, Pennsylvania, Massachusetts, Connecticut, Vermont, New Hampshire, Maine and Rhode Island. For more information or to regis-

ter visit [www.nrbs.org](http://www.nrbs.org)

When you contact NRBS tell them Harry Campbell of Biofeedback Resources International sent you. I strongly suggest that you attend the conference and become a member of NRBS.





## New Products:

Harry's new book, **What Stress Can Do**

**Biograph 6.0 Software**

**Hawaii Marth Healing Music Audio CDs**

**Blood Pressure Device and Software Suite for Biograph**

**Call 877-669-6463 or 914-762-4646 for details or visit:**

[wwwbiofeedbackinternational.com](http://www.biofeedbackinternational.com)

Like us on Facebook

facebook



and follow Harry @biofeedbackman on Twitter

### Biofeedback Resources International

109 Croton Ave.  
2nd Floor, Suite #240  
Ossining, NY 10562

Web:  
[www.biofeedbackinternational.com](http://www.biofeedbackinternational.com)

Phone: 877-669-6463/914-762-4646

Fax: 914-762-2281

E-mail:  
[info@biofeedbackinternational.com](mailto:info@biofeedbackinternational.com)

TEXT  
BIOFEEDBACK  
TO 55469  
FOR FREE  
OFFERS AND  
DISCOUNTS

## EEG/Neurofeedback in the News



Neuroscience biofeedback improved novice sniper shooting by 100% by helping soldiers get into the right mental zone according to a July 21, 2014 article on the internet site Next Big Future. Amy Kraus who was a DARPA program manager said that the expert marksman has a certain brain state that they enter before they take the perfect shot. She also said that a novice can be taught to create that brain state.

“Neuroscience-based assessments can be used to accelerate military skill acquisition and provide quantitative evidence of successful training by detecting, in real-time, cognitive and

physiological states of the trainee under various conditions.” The article goes on to talk more about the details of how this is done. I urge you to look this article up and read the rest of it. I just wanted to point out that the work continues to become more recognized and used by people who have serious applications. There is a lot at stake in military and sports applications. People are devoting time and energy to using the same kind of important tools that we have available in our offices. Some people are still waiting for more “proof” while others are using the tools and seeing real results now.

Harry L. Campbell

